

**COUNTY OF SAN LUIS OBISPO BOARD OF SUPERVISORS  
AGENDA ITEM TRANSMITTAL**

<b>(1) DEPARTMENT</b> Behavioral Health	<b>(2) MEETING DATE</b> 3/20/2012	<b>(3) CONTACT/PHONE</b> Darci Rourke 805-788-2156	
<b>(4) SUBJECT</b> Request to approve a two-year contract with the United Way of San Luis Obispo County beginning March 2012 and ending March 2014 to provide the Nonviolent Communication™ (NVC) Education Trial, fulfilling County Innovation Work Plan #4, to provide prevention and early intervention services to reduce mental illness and emotional challenges among transitional aged youth, their families and care-givers, throughout the county.			
<b>(5) RECOMMENDED ACTION</b> It is recommended that the Board approve a approve a two-year contract with the United Way of San Luis Obispo County beginning March 2012 and ending March 2014 to provide the Nonviolent Communication™ (NVC) Education Trial, fulfilling County Innovation Work Plan #4, to provide prevention and early intervention services to reduce mental illness and emotional challenges among transitional aged youth, their families and care-givers, throughout the county.			
<b>(6) FUNDING SOURCE(S)</b> Mental Health Services Act	<b>(7) CURRENT YEAR FINANCIAL IMPACT</b> \$70,000	<b>(8) ANNUAL FINANCIAL IMPACT</b> \$70,000	<b>(9) BUDGETED?</b> Yes
<b>(10) AGENDA PLACEMENT</b> <input type="checkbox"/> Consent <input type="checkbox"/> Presentation (Time Est. _____) <input type="checkbox"/> Hearing (Time Est. _____) <input type="checkbox"/> Board Business			
<b>(11) EXECUTED DOCUMENTS</b> <input type="checkbox"/> Resolutions <input type="checkbox"/> Contracts <input type="checkbox"/> Ordinances <input type="checkbox"/> N/A		<b>(12) BUDGET ADJUSTMENT REQUIRED?</b> BAR ID Number: N/A <input type="checkbox"/> 4/5th's Vote Required <input type="checkbox"/> N/A	
<b>(13) OUTLINE AGREEMENT REQUISITION NUMBER (OAR)</b>  19001121		<b>(14) W-9</b> <input type="checkbox"/> No <input type="checkbox"/> Yes	
<b>(15) LOCATION MAP</b>  No	<b>(16) BUSINESS IMPACT STATEMENT?</b>  No	<b>(17) AGENDA ITEM HISTORY</b>  <input type="checkbox"/> N/A Date _____	
<b>(18) ADMINISTRATIVE OFFICE REVIEW</b>  Reviewed by Leslie Brown			
<b>(19) SUPERVISOR DISTRICT(S)</b> All Districts -			

# County of San Luis Obispo



TO: Board of Supervisors

FROM: Behavioral Health / Darci Rourke  
805-788-2156

DATE: 3/20/2012

SUBJECT: Request to approve a two-year contract with the United Way of San Luis Obispo County beginning March 2012 and ending March 2014 to provide the Nonviolent Communication™ (NVC) Education Trial, fulfilling County Innovation Work Plan #4, to provide prevention and early intervention services to reduce mental illness and emotional challenges among transitional aged youth, their families and care-givers, throughout the county.

## **RECOMMENDATION**

It is recommended that the Board approve a two-year contract with the United Way of San Luis Obispo County beginning March 2012 and ending March 2014 to provide the Nonviolent Communication™ (NVC) Education Trial, fulfilling County Innovation Work Plan #4, to provide prevention and early intervention services to reduce mental illness and emotional challenges among transitional aged youth, their families and care-givers, throughout the county.

## **DISCUSSION**

The Mental Health Services Act (MHSA) was enacted into law January 1, 2005. This followed the passage of Proposition 63 in November 2004, which proposed a 1% tax on adjusted annual income over \$1,000,000. The MHSA is dedicated to transforming the public mental health system and seeks to reduce the long-term adverse impact from untreated serious mental illness. MHSA funds are divided into five distinct components: Community Services and Supports, Prevention and Early Intervention, Capital Facilities and Technology, Workforce Education and Training, and Innovation. The Innovation Plan was approved by the State on February 24, 2011, and is the final component of the Mental Health Services Act to be submitted to the Board for approval.

The Innovation component of MHSA is the most unique. As defined by the State Department of Mental Health (DMH), an Innovation project is one that contributes to learning, rather than providing a service. Innovation projects must be novel, new, and creative, and not duplicated in another community. Projects and practices that have previously demonstrated their effectiveness in other mental health settings do not add to the learning process and are not eligible for funding under Innovation. Innovation funding was created for the purposes of developing a new mental health practice, testing the model, evaluating the model, and sharing the results with the statewide mental health system.

Innovation projects are similar to pilot or demonstration projects and are subject to time limitations to assess and evaluate their efficacy. Innovation funds are not intended for longitudinal studies or ongoing services. By their very nature, not all Innovation projects will be successful, but the many beneficial lessons will be learned that will ultimately lead to ultimate MHSA goal of system transformation.

As required by the Department of Mental Health, the development of the Innovation plan was overseen by the local MHSA Community Planning Team, which was responsible for guiding the planning process, analyzing community input, and selecting projects in accordance with community priorities. This contract will award testing of the Nonviolent Communication™ Education Trial to The United Way of San Luis Obispo.

The Nonviolent Communication™ (NVC) Education Trial is a two-year pilot project. This innovative project provides self-sufficiency supports for high-risk transition-aged youth by adapting a communication method, now used in business, education, juvenile justice, and mediation settings, as an early intervention practice for transition-age youth struggling with mental health issues. The model will include education and support groups which focus on youth identified as not amenable to treatment and challenged in recovery because of aggression, conflict, and/or difficulties communicating.

Trial participants will receive NVC training as an early intervention strategy to reduce the escalation of problems, improve pathways to treatment, and ultimately improve communication between the client and family. The NVC Education Trial is a unique approach to mental health services with the learning goal of determining the efficacy of this adopted strategy as an early intervention tool for reducing stress and anger while improving partnerships amongst transitional age youth and their parents or caregivers.

### **OTHER AGENCY INVOLVEMENT/IMPACT**

The identification of this MHSA Innovation project involved collaboration and review by mental health stakeholders through the Innovation planning process and by the local Community Planning Team. The United Way of San Luis Obispo County was selected as the provider for this contracted service through the County General Services Agency's formal Request for Funding (RFP) process. Due to the unique nature of the project, additional review was required by the committee, and further detail was requested of the proposer, causing the project to be delayed.

### **FINANCIAL CONSIDERATIONS**

Total funding for this contract is \$140,000 over a two-year project period, and is included as part of the Mental Health Services Act (MHSA) funding from the CA Department of Mental Health. Total compensation for United Way of San Luis Obispo County will not exceed \$140,000. Funds are included in the FY 2011-12 Adopted Budget and will be included in the FY 2012-13 Proposed Budget for adoption and no additional support from the general fund will be needed.

### **RESULTS**

The NVC Education Trial will assess whether NVC training as an early intervention strategy for transition-age youth with serious mental illness reduces the escalation of problems, improves pathways to treatment, and ultimately improves communication and relationships with providers and family members.

#### **Estimated Outputs:**

- 180 individuals will participate in outreach presentations annually
- 50 individuals will participate in a six week NVC workshop annually

**Estimated Outcomes:** 85% of participants are expected to report reduced feelings of anxiety, hostility, and violence; increased communication skills, improved family and social relationships, and reduced negative behaviors.

As outlined by MHSOAC, The primary learning priorities for all Innovation projects are to increase access to underserved groups, increase the quality of services, including better outcomes, promote interagency collaboration, and increase access to services. By seeking to discover new ways of achieving these goals, the San Luis Obispo County Behavioral Health Innovation Plan contributes to the desired outcomes of a "Healthy Community."

### **ATTACHMENTS**

1. United Way Nonviolent Communication Contract